🍝 Lasagna Lab Day 1 & Day 2 + Breadsticks

Culinary 1 · Unit 12 · Level 2 · 2-day lab (Day 2 = bake + breadsticks)



Name: _____ Date: _____ Period: _____

Lasagna: one 9×9 pan · Breadsticks: 18. Mrs. Dyches' recipe: Lasagna (group) + Quick Soft Breadsticks (food.com, her link).

🧺 Lasagna sauce

- ☐ 🥩 **½ lb** ground beef
- ☐ 🧅 **1 small** onion
- ☐ 🍅 **1 (14 oz) can** tomatoes
- ☐ 🥫 **1 (6 oz) can** tomato paste
- ☐ 🍚 **1½ tsp** sugar
- ☐ 🧂 **½ tsp** salt
- ☐ 🌿 **¼ tsp** oregano
- ☐ 🌿 **¾ tsp** thyme
- ☐ 🔴 **¼ tsp** crushed red pepper
- ☐ 🧄 **¼ tsp** garlic salt
- ☐ 🍃 **1** bay leaf

🧺 Layers

- ☐ 🍝 **6** lasagna noodles
- ☐ 🥚 **1** egg
- ☐ 🧀 **1 c** ricotta (or cottage cheese)
- ☐ 🧀 **8 oz** mozzarella, grated

🧺 Breadsticks (Day 2)

- ☐ 💧 **1 cup** warm water
- ☐ 🟫 **3 Tbsp** brown sugar
- ☐ 🧂 **1 tsp** salt
- ☐ 🫗 **¼ cup** oil
- ☐ 🌾 **3 cups** bread flour
- ☐ 🟤 **2½ tsp** yeast
- ☐ 🧈 butter, garlic salt, parmesan

👩‍🍳 Steps: check each box when you finish

1. 1️⃣ **Day 1**: boil the noodles. Drain in the colander. ☐
2. 🥩 Brown the beef and onion on high. ☐
3. 🍅 Add the next 9 sauce ingredients. Boil, then simmer covered **30 minutes**. Take out the bay leaf. ☐
4. 🥚 Mix the egg and ricotta. ☐
5. 🟫 Layer: noodles, ½ meat sauce, ½ cheese mix, ½ mozzarella. Repeat. ☐
6. 🪙 Cover with foil. Label. Fridge. ☐
7. 2️⃣ **Day 2**: oven to **375°F**. Set the table. ☐
8. ⏲️ Bake **45 minutes** to **165°F**. Rest 10 minutes. ☐
9. 🥖 Breadsticks: make dough, roll 10×12, cut ¾-inch strips, twist, rise 20 minutes. ☐
10. 🧈 Bake **375°F 10-15 minutes**. Brush butter, garlic salt, parmesan. Serve. Photo! ☐

💡 *Her lasagna says ‘combine eggs & ricotta’ but the list has 1 egg. Day 2 also includes a tossed salad and setting the table (Unit 10).*